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Lone Star SteakhouseŽ Chili

When the weather gets cold it's time to fire up the stovetop. This chain makes a tasty chili that warms the bones on a nippy fall day. This clone recipe is easy-to-make, low-fat and delicious. And if it's super brisk outside, you might want to add an additional tablespoon of diced jalapeno to aggressively stoke those internal flames.

1 pound ground beef 1 diced onion 1
tablespoon diced fresh jalapeno pepper
1 15-ounce can kidney beans with liquid
1 14.5-ounce can peeled diced tomatoes
1 8-ounce can tomato sauce 1 cup water
1 tablespoon white vinegar 1 teaspoon

salt 1 teaspoon chili powder 1/4
teaspoon garlic powder 1 bay leaf

Garnish grated cheddar cheese diced
onion canned whole jalapeno chili
peppers Hot enough for you?

1. Brown ground beef in a large
saucepan over medium heat. Drain fat. 2.
Add onion and pepper and sauté for
about two minutes. 3. Add remaining
ingredients and simmer for 1 hour,
stirring occasionally. Serve one cup in a
bowl with the optional cheese, diced
onion and whole jalapeno garnish on
top. Makes 4 servings.